



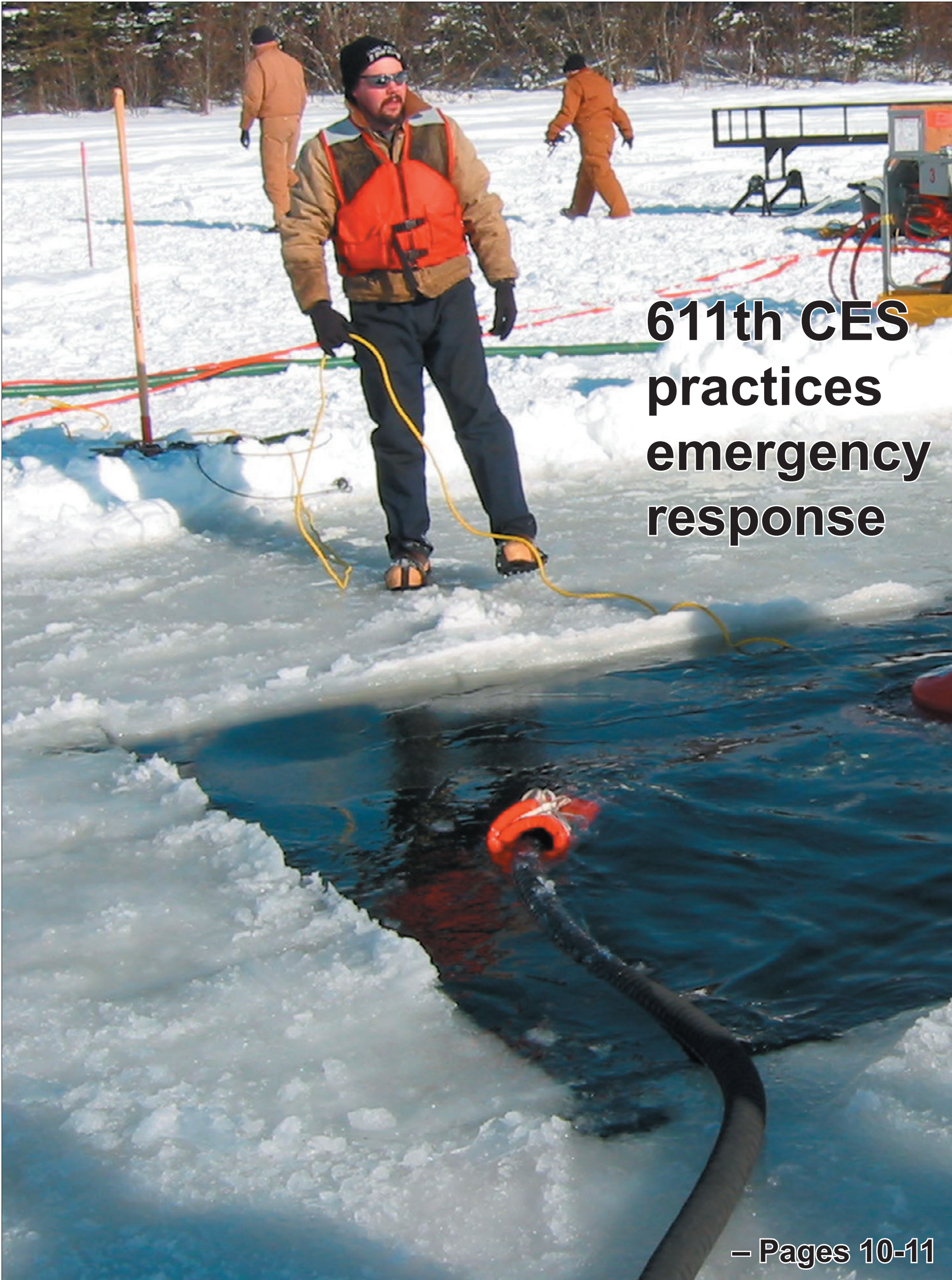
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# SOURDOUGH Sentinel

Vol. 57, No. 15

Elmendorf Air Force Base, Alaska

April 14, 2006



**611th CES  
practices  
emergency  
response**

**– Pages 10-11**

COURTESY PHOTO



Plugging the hole



Left: Mike Freeman, 3rd Civil Engineer Squadron, runs a pothole patcher over fresh asphalt. The patcher heats the asphalt to 1,200 degrees, restoring it to its original state so it can be pounded into the pothole. The crews work 24-hours a day during the spring to keep potholes from causing vehicle damage.

Bottom left: This pounder compacts the asphalt into the pothole, patching the road until the 3rd CES can repair it. The process takes approximately 30 minutes depending on traffic. Potholes are generally caused by changes in weather.

Below: The controls and gauges for the pothole patcher tell the operator what's happening.

People can report potholes by calling the pothole hotline at 552-2994. The hotline is manned 24-hours a day.



PHOTOS BY STAFF SGT. RHIANNON WILLARD



Brig. Gen. Hawk Carlisle  
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Brig. Gen. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**  
**actionline@elmendorf.af.mil**

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

- Col. Mike Hass, 3rd CES/CC  
552-3007
- Lt. Col. David Aupperle, 3rd SVS/CC  
552-2468
- Lt. Col. Robert Garza, 3rd SFS/CC  
552-4304

Base member: Why was Straight Talk not updated?

**Q:** Why was the Straight Talk line at least 9-10 hours delayed in reporting the accurate road conditions? The Straight Talk Line is of little benefit to those of us who try to use it to receive the most accurate and up to date information.

**A:** Thanks for calling the Action Line and for using the Straight Talk Line.

Sunday evening our road conditions went into "red" status and notifications were made by the Command Post.

Unfortunately, as you note here, the Straight Talk Line was not updated. I apologize for this occurrence and can tell you the office leadership has addressed the issue and conducted training to ensure all staff members are fully aware of the need to quickly update the line when road

conditions change.

As a reminder, the Straight Talk Line is for information that may affect the activities of base members and, as such, it provides road and weather conditions for Elmendorf.

People not living on the installation are reminded to look for road and weather conditions through local television and radio stations as well as calling the Alaska Road and Weather Report Line at 511.



**Staff Sgt. Cody Anderson, Senior Airman Jerrad Alexander and Airman 1st Class Trung Dinh,** 12th Aircraft Maintenance Squadron weapons load crew 4, performed armament system reliability checks and live air-to-air missile reconfigurations on an alert F-15 at the Pacific Air Forces' only Combat Alert Cell during 2006 Amalgam Mute, North American Aerospace Defense Command's Alert Force Evaluation. The crews' efforts resulted an overall "excellent" rating for the 3rd Wing.

**Mike Andruss,** 3rd Wing Legal Office Tax Center manager, displayed exceptional attention to detail by identifying an error in Version 10 of the Internal Revenue Service's Tax Wise, a software program used by virtually all Department of Defense Tax Centers. The software error improperly changed document control numbers used to track tax returns. Mr. Andruss quickly alerted a grateful IRS, which rescinded version 10. Mr. Andruss' quick action ensured timely tax returns and prevented thousands of headaches.

**Staff Sgt. Brian Smith,** 3rd Component Maintenance Squadron, provided delivered high-quality serviceable assets in support of Pratt & Whitney's F100-PW-220 engine production. Sergeant Smith optimized available resources to refurbish two inlet guide vane synchronizing rings. Afterward, he supplemented a sister section and installed the rebuilt modules on two engines, bringing the Elmendorf spare line to 43 percent of the F100-220 spare engines in the Air Force.



**April 23 is the last day to contribute to the Air Force Assistance Fund.**

**See your Unit Rep for more information.**

Sourdough Sentinel

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Elmendorf Moment in History

April 14, 2000:

Don Delk and Ed Lamm, two retired civilians from the 3rd Equipment Maintenance Squadron, with assistance from other volunteers, completed restoring a Lockheed P-38G Lightning that was recovered from Attu Island, Alaska in June 1999.





# CARE team agencies shower base with support

By Master Sgt. Tommie Baker  
3rd Wing Public Affairs

When life is demanding and we are working hard, it can be difficult to be as present with our children as we'd like to be.

Being present as a parent means really being there – to listen and understand what they're feeling and thinking. It also means offering love, support, and encouragement.

It means being aware of how we are responding when we are with our children, and learning new ways to respond when the old ones no longer work, said Colleen Leibert, Family Advocacy Outreach Manager.

April is Child Abuse Prevention Month, as well as Month of the Military Child, and Sexual Assault Awareness Month, and is a good time to learn about being present as a parent. For this reason, Elmendorf's helping agencies and the Community, Agencies, Resources and Education team, are reaching out more than ever this month with information, events, and programs.

For Child Abuse Awareness Month, mint green ribbons, representing Alaska's coalition against child sexual abuse, are being passed out to base school teachers, at base-wide training activities, at the Joint Military Mall, and at the 3rd Medical Group lobby. Informational dis-

plays are also posted all monthlong in both the JMM and hospital lobby.

Additionally, the Elmendorf Family Advocacy Program is collaborating with Ft. Richardson Family Advocacy, the Anchorage mayor's office, and several agencies downtown to promote a community wide awareness of the network of services available to military families to help prevent child abuse. For more information on Child Abuse Awareness Month activities, contact Colleen Leibert at 580-1040.

For Month of the Military Child, the base Youth Program, Child Development Centers, Family Child Care, School Age Program, Arts & Crafts Center, and the base library are hosting a series of activities. These include essay and coloring contests, a children's clothing drive, parades, crafts, and many other activities where parents can join in with children.

Sexual Assault Awareness month began March 31 with a ceremony to bring together the coalition of base helping agencies and leaders, and raise awareness on this important issue. For more information, contact Charletta Cruz, at 551-2033.

Besides these monthly awareness programs, the CARE team works full time on increasing awareness and education.

They have formed six Squadron

Support Teams to reach out into the squadrons and offer information about services. SSTs recognize April's designated themes and many activities. Literature on all base helping agencies is included in the displays at the hospital lobby and JMM.

"We know that emotional well-being, like physical well-being, can significantly impact work performance and health," said Maj. Jill Scheckel, chief of Air Combat Command's life skills branch, "In this sense, we need to ensure our most precious resource – the human weapon system – is maintained adequately," said Major Scheckel.

How do managing people in distress, human weapon systems, sexual assault, and fighting and abuse in schools tie together? The CARE Team provides a support team to assist in bringing together the resources to help in each of those situations. Whether seeking assistance on dealing with deployment, financial hardship, marital issues, assaults or abuse, base helping agencies are there to help.

The CARE Team consists of members from the Chapel, Family Advocacy, Family Support, Life Skills, Health and Wellness, Family Member Support Flight, Alcohol and Drug Abuse Prevention and Treatment, and the Drug Demand Reduction Program.

In addition, Armed Services YMCA, and principals from the Aurora, Mt. Spurr, Orion and Mt. Illiamna Elementary schools also participate.

A new resource for Air Force families was recently added by the Family Support Center.

The Military and Family Life Consultant is a rotating licensed professional counselor who provides

## CARE member contact numbers

- Family Support Center, 552-4943
- Chaplains, 552-4422
- Family Advocacy, 580-5858
- Life Skills, 580-2181
- Health and Wellness Center, 552-2361/9959
- Family Member Support, 552-4828
- ADAPT, 580-1793
- Drug Demand Reduction Program, 552-9839
- ASYMCA, 552-9622
- Sexual Assault Response Coordinator, 551-2033
- Aurora Elementary School, 753-6223
- Mt. Spurr Elementary School, 753-9225
- Orion Elementary School, 753-2151
- Mt. Illiamna Elementary School, 753-8235

short term support at no charge, on a confidential basis, except regarding "duty to warn" issues, such as harm to self or others. The Military Family Life Consultant can assist with less severe individual and family issues, such as work related stress, deployment, relationship improvement, parenting questions, life transition, and more. To use this service, call 382-1012.

The Readiness Edge, [www.airforceap.org/data/modules/res/FamilyReadiness.pdf](http://www.airforceap.org/data/modules/res/FamilyReadiness.pdf), is a resource parents and leaders can access for information and referral.

For information on contacting an SST member, call the FSC at 552-4943, or see team leader information posted in assigned units.

For more ways to help maintain human weapon systems, go to [www.militaryonesource.com](http://www.militaryonesource.com).

The Military OneSource site requires customers to log on by using "military" as the user ID and "onesource" as the password. Military OneSource is available anytime by phone in the United States at (800) 707-5784, internationally at (800) 707-7844.

(Editor's note: This is the second of a four-part series. Subsequent installments will focus on how the CARE/SSTs can help maintain the human weapon system spiritually, physically and mentally, and will run in May and June.)



COURTESY PHOTO

The Family Support Center, pictured above, offers many options for taking care of military families.

## Child abuse: prevention is key to avoid long-term affects

By Colleen Leibert  
Family Advocacy Program

Imagine breaking a raw egg into a cup of water and vigorously shaking that cup.

According to health cost pioneer and brain researcher, Dr. Robert F. Anda, that's what happens to a young child's brain when it is shaken.

As brain development expert and principal investigator for Centers for Disease Control, Dr. Anda reports the impact "adverse childhood experiences" have on a child's developing brain and later life.

During April, which is Child Abuse Awareness Month, we are reminded that "safe children and healthy families are a shared responsibility," and the long term costs of early childhood trauma include financial, medical, and personal impacts, said the doctor.

According to Dr. Anda, studies show an adverse childhood history greatly increases the chance of lifelong excessive health care use, contact with legal, justice, and other institutions. They also show wide-ranging health and

treatment consequences like frequent medical visits, incarceration, hospitalization, etc., and the medical, personal, and psychological costs for these services are increasing for individuals and for society.

Is there anyone who has not been impacted in some way by child abuse?

What can we do about it?

During April, the Family Advocacy Program is reaching out with information, events, and programs around the base.

People can pick up some ideas on actions they can take.

Base members can also pick up mint green ribbons representing Alaska's coalition against child sexual abuse at informational

displays at base schools, the Child Development Centers, Joint Military Mall, and the 3rd Medical Group lobby.

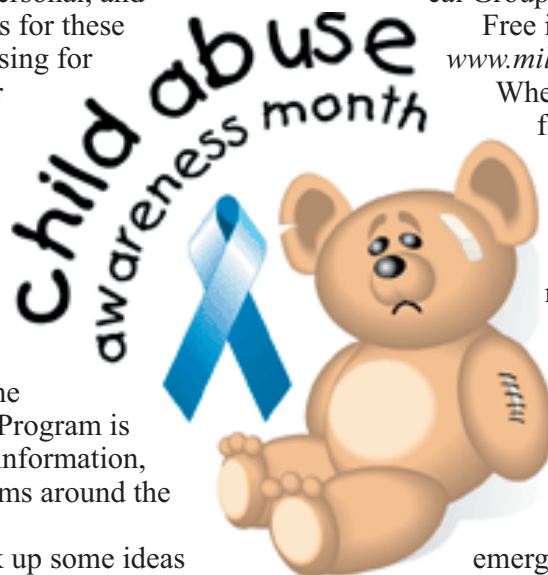
Free information is also available 24/7 at [www.militaryonesource.com](http://www.militaryonesource.com).

When families need to learn new ways for raising children, old ways are abusive or no longer work, the Elmendorf Family Advocacy Program offers a variety of services, including parenting and communication classes, counseling and referral.

For more information on Child Abuse Awareness Month activities or services available, call Family Advocacy at 580-5858.

Night or weekend on-call providers can be reached via the emergency room at 580-5555.

A new Family Advocacy victim advocate offers help for those ending abusive relationships call 551-2034 if you are in this situation.



# Sexual Assault policy offers restricted reporting, victim advocates

By Senior Airman Jared Marquis  
3rd Wing Public Affairs

When the Sexual Assault Prevention and Response began in 2005, it implemented changes to the way the Department of Defense treats sexual assaults.

The two primary changes were the addition of restricted reporting and victim advocates.

According to Charletta Cruz, Elmendorf sexual assault response coordinator, restricted reporting offers victims options.

Restricted reporting happens when an active-duty member reports a sexual assault to a SARC, health-care provider (not Family Advocacy) or a chaplain.

When this happens, the report is kept confidential, giving the victim control.

“The restricted report is intended to give a victim additional time and increased control over the release and management of their personal information. It also empowers the victim to seek relevant information and support to make an informed decision about participating in the criminal process,” said Mrs. Cruz.

She added that this option is only available as long as the information remains confidential.

“If the victim tells anyone other than the SARC, a healthcare provider, chaplain or VA, then the report runs the risk of becoming unrestricted.”

This is because military members

are mandatory reporters, she said.

“If the victim tells a friend or co-worker, then that friend or co-worker has to report it. If the chain of command finds out, then the report becomes unrestricted and the criminal investigation starts.”

The other addition to SAPR was creating the victim advocate role.

“Air Force victim advocates are volunteers who provide essential support, liaison services and care to sexually assaulted victims,” said Mrs. Cruz. “They are on-call 24/7 and are trained to assist in these sensitive situations.”

This means that the victim now has someone to turn to for help. Someone who knows about the resources Elmendorf and Anchorage can provide to them, she said.

Victim advocates are volunteers who come from various places in the military. They can be officers, enlisted and recently, non-bargaining civilian employees.

Despite being different, all VAs have one thing in common, the desire to help people, she said.

“I always knew sexual assault happened, but thought it happened to other people. Then I found out some people close to me had been sexually assaulted, and saw what it did to their lives and the lives of the people around them,” said Maj. Amy Gravely, 3rd Aircraft Maintenance Squadron and victim advocate.

This brush with reality stirred something in Major Gravely.

“I wanted to help,” she said. “So I got involved with Standing Together Against Rape, an Alaska wide crisis intervention, education, and advocacy organization.”

After working the crisis line for several months, the major learned about the Air Force VA program.

“I found out about Elmendorf’s Sexual Assault Prevention and Response program coming on line and saw it as an opportunity to use my training and experience to help the base populace.”

She volunteered for VA training, and immediately saw some differences.

One of the differences between a crisis line operator and a victim advocate is the face-to-face interaction with a client, said Major Gravely.

“After working on the crisis line, some calls are easier, but at the same time, it’s hard to ‘read’ the client on the other end of the line, since you only have their voice to go on. As a VA, I work face to face with the client, which can be more difficult because you can easily become more personally involved. However, you also get to see their body language and mannerisms which can help you tailor [your approach].”

She said meeting their needs is very important when working with a victim.

“There’s no cookie-cutter approach to a client’s healing process since we are all individuals and handle situations differently.”

While the clients deal with things differently, there are some important points that all victims need to understand.

“One of the most important things to iterate to a client is that the assault is not their fault and they are not alone.

“We also need to make sure they understand that whatever emotions they are feeling are normal and encourage them to make decisions to take steps towards their recovery, allowing them to take back the control they lost. It requires a lot of patience and active listening,” said the major.

She added that while it may not be easy, the role of VA is very rewarding.

“Being a VA strengthens your communication skills and your understanding of people, which both help in our everyday jobs. It is also very rewarding to watch a client move from being a victim to considering themselves a survivor,” she said.

For more information about becoming a victim advocate, a VA recruitment fair takes place 10:30 a.m.-2 p.m. today in the Joint Military Mall.

For more information on restricted and unrestricted reporting, as well as information on the SAPR, contact the SARC at 551-2033.

*(Editor’s note: This is the second in a three-part series on Sexual Assault. The next story will be an in-depth look at restricted and unrestricted reporting.)*



# Article 15s, discharges

**Article 15s:**

A senior airman with the 703rd Aircraft Maintenance Squadron unlawfully carried a concealed, loaded weapon, while under the influence of alcohol.

His punishment was a suspended reduction to airman first class, 30 days extra duty and a reprimand.

A senior airman with the 3rd Aircraft Maintenance Squadron was absent without leave for one day and made two false official statements.

His punishment was a suspended reduction to airman first class, suspended forfeiture of \$200 for two months, restriction to the limits of Elmendorf for 30 days and 30 days extra duty.

A senior airman from the 3rd Security Forces Squadron wrongfully used marijuana.

Her punishment was a reduction to airman first class, suspended reduction to airman, and forfeiture of \$846 for two months.

A senior airman with the 3rd Medical Operations Squadron willfully failed to properly clean and sterilize surgical instruments.

His punishment was a reduction to airman first class, sus-

pending forfeiture of \$846 for two months, and 45 days extra duty.

An airman with the 3rd Medical Support Squadron received a vacation action for being late to work, failing to obey a lawful order and wrongfully appropriating another member's personal property. A vacation action imposes a suspended punishment from previous Article 15.

His punishment was a forfeiture of \$692 for two months.

**Discharges:**

A senior airman with the 3rd Communications Squadron was administratively discharged for failing in an alcohol abuse treatment program.

The member's misconduct included one Article 15 for failure to obey a lawful order for drinking alcoholic beverages while in the aftercare stage of the Alcohol and Drug Abuse Prevention and Treatment program.

The member also failed to attend two mandatory therapy sessions.

This misconduct resulted in the member failing out of the program.

He received a general discharge.

*(Courtesy of the 3rd Wing Legal Office)*

# 'My Stuff' lets Airmen track requests

Airmen can now track the status of requests and correspondence sent to the Air Force Contact Center via the "My Stuff" tab on the Air Force Personnel Center public Web site.

Airmen need a separate user identification and password to access "My Stuff" because the new software cannot be accessed at this time with the reduced sign-on capability used by the Air Force Portal and the AFPC Secure site.

The system automatically created a generic user ID and password for Airmen who previously corresponded with the contact center. Those members should have received an e-mail from *contact.center@randolph.af.mil* requiring them to personalize and secure their account by establishing a unique password.

Members who did not receive this e-mail either already secured their account with a unique login and password or they have never corresponded with the contact center.

A generic account has already been established for all Airmen who have not yet interacted with the contact center, since they may be

required to do so in the future as part of the Personnel Service Delivery Transformation.

Members can personalize their generic account by visiting the AFPC public Web site at *www.afpc.randolph.af.mil* and following these instructions:

■ Click the "My Stuff" tab on the front page underneath the search box

■ Type their generic user ID and click the "E-mail Me My Password" button. The generic user ID is the member's last name and last four digits of their social security number

■ Once the system e-mails the password; members can use their generic user ID and password to login and personalize their account by creating a unique user ID and password.

For questions or issues regarding establishing a "My Stuff" account call the contact center at (800) 616-3775, option 1, option 1, option 2; commercial (210) 565-5000; or DSN 665-5000.

*(Courtesy of Air Force Personnel Center News Service)*



## Sourdough Spotlights



**2005 Pacific Air Forces Defense Messaging System -  
Air Force Excellent Service Award**  
*3rd Communications Squadron  
Network Control Center Messaging Section*

*Congratulations*





Road Closure

Fairchild Avenue from Fighter Drive to Airlifter Drive will be closed for re-paving Monday to June 15. Members can access Airlifter Drive via Talley Avenue. Detour signs will be posted on Airlifter Drive for Fairchild Avenue access. For more information, call Dan Eckert at 552-2466.

Meal card options during road closure

Meal card holders working on the north side of the base will be authorized to order ground support box meals during the Fairchild Avenue road closure. This will ease the long drive through detours. Call the Iditarod Dining Facility Flight Kitchen at 552-4734 to order. To see the menu, log on to the 3rd Services Squadron Web page under “Dining Facility,” “Carryout Meals.”

Commissary closure

The Anchorage Area Commissary is closed Wednesday for formal inventory. It reopens at 10 a.m. Thursday. For more information, call 580-9999 or 580-4425.

Will surge day

The 3rd Wing Legal Office is having a will surge day for all active-duty members on a walk-in basis from 9 a.m.-3 p.m. Monday. Anyone needing a will, living will

or power of attorney can go to the Legal Office located in the People Center. Tax Center In addition to their regular hours, the Tax Center will be open for walk-in appointments Saturday and Monday. For more information call 552-3829 or 552-3832.

Elmendorf year tabs

The Elmendorf Pass and Registration Office has extended the 2005 tab renewal grace period until further notice due to a shortage of Air Force Registered Vehicle Expiration Stickers. Pass and Registration is issuing year 2007 stickers. People needing to renew their year tab must show current proof of insurance and vehicle registration. The Elmendorf Pass and Registration Office is located in the basement of the People Center. For more information, call Staff Sgt. Amy Anderson at 551-3202.

Assault Awareness Month

- Child Abuse and Sexual Assault Prevention Display, through April 29 at the Joint Military Mall.
- Victim Advocate Recruitment, 10:30 a.m.-1:30 p.m. today at the Joint Military Mall.
- The Victims for Justice Annual Tree Ceremony takes place

at noon April 24 at the Park Strip. Ribbons representing victims of various crimes will be placed on the tree. ■ The Elmendorf Sexual Assault Awareness Month closing ceremonies take place at 10 a.m. April 28 at Chapel 1.

Volunteers needed

The 26th National Veterans Wheelchair Games Organizing Committee is seeking 2,000 volunteers to help prepare for events and coordinate logistics for the NVWG June 28-July 9. Volunteers are needed for a variety of jobs from food service, to transportation, site setup, scoring, timing, registration, photography and water distribution. Volunteers will receive a free T-shirt. Food will be provided to anyone who works more than a four-hour shift in a day. To download a volunteer application, visit [www.wheelchairgame-sanchorage.net](http://www.wheelchairgame-sanchorage.net). To request additional information, e-mail [volunteers@alaskadestinations.com](mailto:volunteers@alaskadestinations.com) or call 276-5550. To volunteer at the Polar Bowl, email Gary Hoff at [gary.hoff@elmendorf.af.mil](mailto:gary.hoff@elmendorf.af.mil) or call 552-8132. For more details, visit [www.wheelchairgames.org](http://www.wheelchairgames.org). Good Friday FaithWalk The Archdiocese of Anchorage is having its annual Good Friday

FaithWalk today.

Anchorage parishes will be walking to the Performing Arts Center from different starting points around Anchorage.

Elmendorf’s Our Lady of Fatima Parish will meet at the Curling Club outside the Government Hill gate at 9:30 a.m.

For more information, call Edison Kim at 552-3971.

**ASYMCA**

The Armed Services YMCA is sponsoring two adventure camps.

Camp Birchwood, Faith Adventure Camp, is held June 19-23 for children ages 10-12, or grades 4-6.

God Seekers Adventures Camp is July 5-7 for ages 5-7, or grades 2-4.

The cost for each program is \$50. For an application, call the central ASYMCA office at 552-9622 by May 1.

**Check scam**

The Federal Trade Commission and National Consumers League have issued a warning on a scam related to check cashing.

Fraudulent checks are being issued to individuals for various reasons.

The entity issuing the check then asks for a portion of the check amount to be wired back, citing an error. The original check bounces and the consumer is out the money wired.

For more information, log on to <http://www.ftc.gov/opa/2006/03/overpayment.htm>.

**Free short-term consultation**

The Air Force Family Support and Health Network are sponsoring a supplemental on-base resource for addressing work and family life issues.

Licensed professional counselors provide short term consultations at no charge. Counselors can assist members with issues such as work related stress, deployment issues, relationships, anger management, parenting, transitions, combat stress and more.

They are provided on a confidential basis. “Duty to warn” (i.e. harm to self, or others) issues are an exception to confidentiality.

For more information, call 382-1012.

**Family Child Care**

■ The Family Child Care program is having a provider appreciation event from 3-4 p.m. April 22 at the Chapel 1 Annex.

Attendees can meet childcare providers and get information on available FCC programs.

Refreshments and children’s activities will be available.

For more information or to R.S.V.P. call the FCC office at 552-4664 or 552-3995.

■ Any person conducting child care services in base housing for more than 10 hours per week on a regular basis must be a licensed Family Child Care provider.

This is in accordance with Air Force Instructions. For more infor-

mation on how to obtain certification, call 552-3995.

**Traffic Management Office closure**

The TMO office will close from 11 a.m.-noon April 21 for an official function. For emergency issues, call the on-call representative at 552-2793 or 552-4475.

**Arctic Thunder 2006**

Arctic Thunder, Elmendorf Air Force Base’s air show, roars back into town Aug. 12 and 13.

People wanting information about the air show can call 552-SHOW (7469) or go online at [www.elmendorf.af.mil](http://www.elmendorf.af.mil) and follow the Arctic Thunder 2006 link.

The featured performers for Arctic Thunder 2006 will be the Navy’s premier demonstration team, the Blue Angels and the Army’s Golden Knights parachute demonstration team.

**Women’s Health Day**

The 3rd Medical Group is hosting two Women’s Health Days from 8 a.m. to 4 p.m. April 22 and 29 at the hospital. Enrolled beneficiaries who have not had a cervical cancer screening in more than three years are encouraged to schedule an appointment by calling the 552-2778 from 7 a.m.-4 p.m. Mondays-Fridays. Daily appointments are available for anyone unable to attend the Saturday screenings.



**Chapel Schedule**

**Catholic Parish**

■ Monday through Wednesday and Friday Mass: 11:30 a.m. at the Chapel Center

■ Thursday Mass: 11:30 a.m. at the Hospital Chapel

■ Sunday Mass: 10:30 a.m. at Chapel 1

■ Sunday Evening Mass: 5 p.m. at Chapel 2

■ Confession: 4:30 p.m. Sundays at Chapel 2

■ Catholic Religious Education: 9 a.m. Sundays at the Chapel Center.

**Protestant Sunday**

■ Liturgical Service: 9 a.m. at Chapel 2

■ Traditional Service: 9 a.m. at Chapel 1

■ Gospel Service: noon at Chapel 1

■ Contemporary: 6 p.m. at Chapel 1

■ Protestant Sunday School: 10:30 a.m. at the Chapel Center.

For more details, call the Chapel at 552-4422.



# Ali air traffic controllers responsible for one third of Iraq airspace

By Master Sgt. Jon Hanson

407th Air Expeditionary Group Public Affairs

With more than 10,000 aircraft flying through their airspace each month, the men and women of the 407th Expeditionary Operations Support Squadron's Air Traffic Control Tower and Area Control Center, Ali Base, Iraq, stay very busy.

"We are responsible for one third of Iraq – any aircraft coming in or going through," said Senior Master Sgt. Troy Hammond, 407th EOSS chief controller, who is deployed from the South Carolina Air National Guard. "We are the second busiest radar in the area of responsibility, with Balad being busier."

Air traffic control at Ali Base is managed by controllers in two sections – the ATC tower and the ACC radar.

The air traffic controllers in the tower are responsible for all aircraft within five miles of the airfield and all aircraft landings and takeoffs.

After they are five miles away they are turned over to the ACC which control the aircraft within a 200-mile radius from the surface to 40,000 feet.

The sheer number of flights coming through the airspace can make the job interesting.

"I consider it fast paced," said Staff Sgt. Chuck Wichert, a controller at the Ali Base ATC Tower who is deployed from Elmendorf. "You have to stay on your toes no matter where you're at or what you are doing."

Being an air traffic controller in Iraq isn't much different than doing it in the United States but does have one main difference. The one limiting factor both the tower and radar controllers experience is the language barrier. While they say all the countries coming through the airspace speak English, it can sometimes be difficult.

"Everything is pretty much standard," Sergeant Wichert said. "The only difficult thing is getting used to the language barrier. Other than that, phraseology is almost uniform. They all speak English but with heavy accents. They are asking for the same thing and all come in doing pretty much the same thing."

In the air traffic control tower, the job is different because their responsibility lies in getting the aircraft safely on or off the ground.

But before the aircraft gets to Ali Base the ACC crew ensures each aircraft maintains the proper altitude, direction and distance between other aircraft.

An average day for a radar controller is looking at a large radar screen for hours at a time controlling numerous aircraft transiting through their airspace.

"We are constantly busy 24-hours a day," said Senior Airman Andrena Guerra, a radar controller from the South Carolina ANG. "We have lots of missions at a time. We are at the heart of the whole mission, at least with the traffic coming in and out. If it wasn't for us here, people would be stranded."

"It gets real busy," said watch supervisor Staff Sgt. Jesus Reyes, who is deployed here from Mountain Home AFB, Idaho. "We will get anywhere between five and 25 aircraft at a time. It is real different because a lot of these guys come over here and aren't used to working traffic like that. They have been doing excellent the whole rotation."

Having a lot of aircraft traffic doesn't bother them though.

"I love air traffic," said Sergeant Reyes. "I love getting busy. There is a stereotype of air traffic control being a real stressful job. But, for the guys who do it and do it well, they love getting busy and

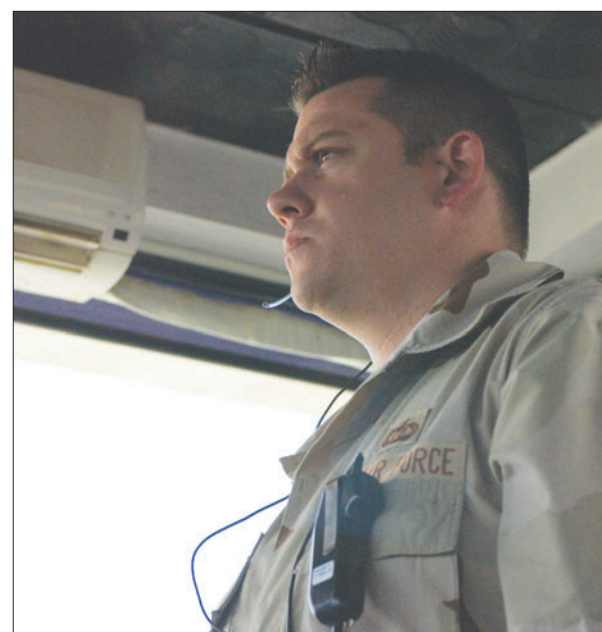


PHOTO BY MASTER SGT. JON HANSON

**Staff Sgt. Chuck Wichert, an air traffic controller at the Ali Base control tower is deployed to the 407th Expeditionary Operations Support Squadron from Elmendorf.**

talking to as many aircraft as they can.

"That's why I love coming over here. Back at your home station you don't really get to talk to that many guys. It can be slow at times. When you come over here it's busy and you know what is going on with the mission."

Staff Sgt. Scott Williams, deployed from Tinker AFB, Okla., agreed. "The radar facility has faster traffic. You get to be more creative directing traffic. When it gets really busy the adrenaline starts pumping. It's not like anything I've ever experienced."

## Phoenix Raven training highlights needs of today's SF

By Tech. Sgt. Scott T. Sturkol

421st Combat Training Squadron

Public Affairs

Students in the Air Mobility Warfare Center's Phoenix Raven program at Fort Dix, N.J., face many challenges in their quest to attain a coveted security forces Raven patch.

The course, taught by the 421st Combat Training Squadron, originated in the late 1990s after a need was seen to better protect military aircraft in an expeditionary environment.

The definition of a Raven, according to Tech. Sgt. Kelly Tabor, Raven course instructor, is "an Airman, Sailor or Soldier who has readily accepted the responsibility to ensure the success of our force protection mission. They are all volunteers and are prepared to travel at a moment's notice anywhere around the world to protect Department of Defense assets for as long as it takes to complete the mission."

Ravens also must be of the highest caliber and always use judgment that will reflect well on missions abroad, said Tech. Sgt. Bruce McPherson, NCOIC of the Phoenix Raven program.

"Ravens are put in a stressful environment to handle situations professionally and tactfully," Sergeant McPherson said. "The extensive training given to students is in unarmed defense tactics, application of the force continuum, used less-than-lethal-force weapons, anti-hijacking (procedures), and firearms training. Ravens need to be able to think and communicate in stressful situations in



PHOTO BY TECH. SGT. SCOTT T. STURKOL

**Students in the Air Force Phoenix Raven Class 06-D at Fort Dix, N.J., move a "patient" through an obstacle course during combat first aid training for the students.**

order to accomplish the mission. This makes the course challenging and dynamic for a Raven candidate."

Many of the 24 students are Air Force active-duty security forces members, but there are also Guard, Reserve and Navy security forces.

The students receive nearly 130 hours of instructional training during their nearly three weeks of training. There is more than 50 hours of classroom academics along with anti-terrorism training, pressure point control techniques and sections on the collapsible baton and on weapons.

"I like the physical and mental challenges the course presents," said Senior Airman Michael Tucker, a

security forces journeyman from the 3rd Security Forces Squadron at Elmendorf. "The course pushes you and your body further than you thought was possible."

Navy Master at Arms 2nd Class Carl Hurt Jr., from Det. 71, Mobile Security Squadron 7, Naval Forces Command Marianas, Guam, said the physical parts of the training are challenging, but the educational aspect is also "very helpful" in teaching him to "think first before acting."

"The training and the program as a whole offers me another look at how law enforcement work is conducted in the ever-changing environment since Sept. 11, 2001," he said.

From start to finish in the training, camaraderie is emphasized among the students.

They march together in formation between classes and exercise together. They essentially work together in nearly every aspect of the course.

"This course allowed me to test myself against my peers and the cadre who teach the course," said Airman 1st Class Andrew Prunitis, security forces journeyman from the 305th SFS at McGuire Air Force Base, N.J. "The team approach by the cadre motivated me to do better."

The toughness of the course and its rigorous schedule are all meant to point the students toward success, Sergeant McPherson said. And if you ask any of the students, they'll tell you the level of sacrifice it takes to meet the challenges, he said.

"You have to have heart, character, charisma, intestinal fortitude and other various traits to tough out this three-week course," said student Staff Sgt. Nicholas Roberts, a security forces journeyman from the 62nd SFS at McChord AFB, Wash. "If you are here it's because your unit thinks you are the 'best of the best.' You are getting a chance to gain a certification that less than 10 percent of the Air Force security forces members have."

Upon graduating the course, there is really only one thing that becomes their greatest weapon, Sergeant Tabor said.

"Their discipline, fortitude and ability to think quickly will ensure the success in providing force protection anywhere at any time."



# 611th CES practices fuel recovery

By Senior Airman Jared Marquis  
3rd Wing Public Affairs

When fuel spills happen at any one of the 20 remote Air Force sites in Alaska, the members of the 611th Civil Engineer Squadron are ready to respond.

Squadron members honed their skills during an exercise at Six-Mile Lake March 6-9.

The exercise was one of two held annually to practice their abilities.

"We have an exercise in the summer and winter to test our people and equipment, in the event a spill happens," said Master Sgt. Jason Frigon, NCOIC of structures and team chief for the equipment decontamination team.

Sergeant Frigon said the reason for the two exercises is to practice in the type of environments they might face.

"Any kind of spill, in any kind of weather, is going to make you change your technique. For example, if we have a spill

at Six-Mile Lake, and fuel gets under the ice, we have to know how to clean it up."

Master Sgt. Troy Snipes, NCOIC of equipment maintenance and team chief for recovery, said the spills are reported by the contractors manning the sites. Once notified by the contractor, the teams have four hours to respond.

When responders arrive on scene, they have to set up decontamination tents before they can start containing and cleaning up the spill.

"When we have people out there that are contaminated from the spill, we have to be able to clean them up. We can't have them walking around outside of the containment area," said Master Sgt. Tim McDonnell, NCOIC of composite crafts.

Once the team gets the personnel and equipment decontamination tents set up, they can start cleaning up.

Robert Beachler and his GeoBase team help them.

"We provide real-time asset tracking

using a [global positioning system] base," said the GeoBase administrator.

The GeoBase team surveys the extent of the spill and staging area, and then provides the information back to the disaster control center.

For this exercise, the 611th CES teamed with the Navy Supervisor of Salvage, located at Ft. Richardson, an Oil Spill Response Organization that is tasked with supporting the military during an oil spill response should it be needed.

The state spill responders as well as the Coast Guard from the Marine Safety Office in Anchorage also participated.

Navy SupSalv base manager Jace Johnson said this kind of joint exercise helps work out the kinks.

"It's a great way to share ideas," he said. "When it comes to fuel recovery, no one is reinventing the wheel, but if we can help make each other more efficient, then everyone comes out ahead."

Sergeant McDonnell agreed.

"This is the first exercise I have been involved with. The major benefit for me, was meeting people from the other agencies. That way, when it is for real, there won't be any butting heads. Everyone will know their responsibilities," he said.

The next exercise for the 611th CES is scheduled for May at King Salmon Airport, Alaska.



COURTESY PHOTOS



Clockwise from top: John Rose, Steve Farmer and Staff Sgt. Chris Schweitzer, 611th Civil Engineer Squadron, install a Global Positioning System tracking unit on an all-terrain vehicle. The vehicle was used to aid the 611th CES in a fuel spill response exercise March 6-9 at Six-Mile Lake.

611th CES members put up the tent used for decontamination. Before the responders can perform any recovery, they must set up personnel and equipment decontamination.

Jace Johnson and Scott Partlow, Navy Supervisor of Salvage, located at Ft. Richardson, drill holes for a flood recovery trench.

Among the equipment used are temporary storage devices like this one. The devices are used to contain the recovered fuel until it can be properly disposed of.

Responders use a drum skimmer to demonstrate recovery techniques. The drum skimmer pulls the oil off the top of the water.

In text: A 1,200-pound block of ice is relocated after being removed from Six-Mile Lake. The responders must be able to recover fuel in any Alaskan environment, including from beneath the ice.

Cover: Scott Caple, Navy SupSalv, monitors the operation of a weir-type recovery skimmer.





# Services Eaglet

"Telling the Services Story" in daily activities and special events for the Elmendorf community

## Boss & Buddy Night

4 p.m.

Thursday

Kashim Club

Compete for large, medium and small squadron awards, trophies and discounts. Make money for your squadron just by showing up.

## Basic Automotive Service Class

5 p.m.  
Fridays  
by appointment  
\$20

Learn basic automotive skills from the pros at the Auto Hobby Shop  
552-3473



## Aero Club Open House

10 a.m.-2 p.m.  
April 29  
Hangar 7, Bldg. 10286



Free hamburgers and hot dogs

Games for the kids

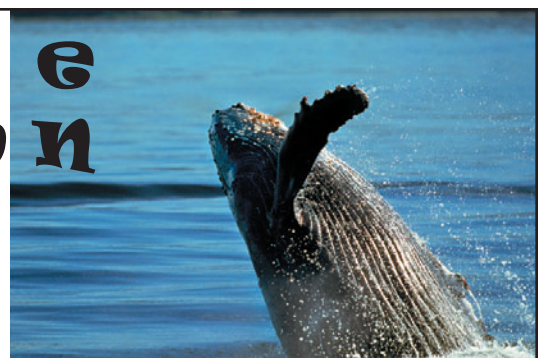
Flights for 10 cents per pound

Free headset for the first 30 people who join at the event (minimum \$25 per month)

Elmendorf Aero Club  
753-4167

## Whale Season

A variety of packages are available at Information, Tickets and Travel  
552-0297



### Today

**Dorm Dwellers' Flashlight Egg Romp** 9:30 p.m. at the ball fields next to the Kashim Club, \$400 worth of eggs to be found, one worth \$100, Arctic Oasis, 552-8529

**Teen Flashlight Egg Romp** 9:30 p.m. at the Youth Center ball fields, \$400 worth of eggs to be found, one worth \$100, Youth Center, 552-2266

**RC DJ (The Rajun Cajun)** 9 p.m.-3 a.m., adults only, Kashim Lounge, 753-6131

**Club Member Social Hour** 5-6 p.m., adults only, Kashim Lounge, 753-6131 and The Cave, 753-3131

**Basic Automotive Service Class** 5 p.m., by appointment, Auto Hobby, 552-3473

### Saturday

**DJ Karaoke** 9 p.m., adults only, Kashim Lounge, 753-6131

**Xtreme Bowling with DJ** 9 p.m.-1 a.m., \$18 includes shoe rental, Polar Bowl, 552-4108

**Annual Eggstravaganza Easter Egg Hunt** 9:30 a.m. for 9-12 year olds, 10 a.m. for 5-8 year olds, 10:30 a.m. for 4 and under at the Youth Center ball fields. Food will be sold at the event, volunteers needed, Youth Center, 552-2266

**Beginner Watercolor** 11:30 a.m.-3 p.m. also April 22, \$45, Arts & Crafts, 552-7012 or 552-2478

**Spring Craft Fair** 10:30 a.m.-4:30 p.m., deals on ceramic molds, local craft vendors, Arts & Crafts, 552-7012 or 552-2478

**Bike Maintenance Clinic** 1 p.m., \$5, Outdoor Recreation, 552-2023

**Summer Reservations Begin** for Outdoor Adventure Program trips and camper rentals. Camper arrangements must be made in person, Outdoor Recreation, 552-2023

**Give Parent's a Break** 1-5 p.m., ages 6 weeks-12, for families experiencing undue stress, must have a referral and reservation, Denali Child Development Center, 552-8304

**Hip Hop and Jazz Class** 10-11 a.m., ages 4-18, Arctic Oasis, 552-8529

### Sunday

**Family Xtreme Bowling** 1-8 p.m., \$30 for up to six bowlers, shoe rental, one lane for two hours, two pitchers of soda and popcorn, Polar Bowl, 552-4108

**Easter Brunch** 10:30 a.m.-1:30 p.m., make reservations early for this event, \$21.95 *Members First* price, \$24.95 regular price, \$9.50 youth 6-12, free for 5 and under, Susitna Café, 753-3131

### Monday

**E-4 and Below Special** 5-9 p.m., 50 percent off bowling and shoes. If the military member is deployed, their family can still participate, just bring a copy of the orders, Polar Bowl, 552-4108

### Tuesday

**Bowler Appreciation Night** 5-9 p.m., \$1.75 per game and \$1.75 for shoe rental, Polar Bowl, 552-4108

**Yoga Classes** 10-11 a.m., ages 13 and older, \$40 per month, Arctic Oasis, 552-8529

### Wednesday

**Preschool Story Hour and Make It, Take It** 10:30-11:30 a.m., ages 5 and under, Library, 552-3787

**Youth Trip to History/Art Museum and 5th Avenue Mall** noon-5 p.m., ages 9-12, \$2 plus lunch money, Youth Center, 552-2266

**Intro to Framing** 5:30-9:30 p.m., bring an 8- by 10-inch picture or smaller, \$45, limit five people, Arts & Crafts, 552-7012 or 552-2478

**Kid's Bowl Free** 5-9 p.m. in honor of "Month of the Military Child" children 18 and younger receive a complimentary game for every game their parents bowl, limit two games per child, Polar Bowl, 552-4108

**Wednesday Night Madness** 5-9 p.m., \$18 per lane, up to five bowlers, shoes not included, Polar Bowl, 552-4108

### Thursday

**Yoga Classes** 10-11 a.m., \$40 per month, ages 13 and older, Arctic Oasis, 552-8529

**Red Pin Bowling** 5-9 p.m., get a red headpin strike and receive a free game, limit one free game per paid game, Polar Bowl, 552-4108

**Pottery on the Wheel - Glazing and Orientation** 6:30-8:30 p.m., \$45, limit four people, Arts & Crafts, 552-7012 or 552-2478

### April 21

**Youth Trip to Imaginarium** noon-5 p.m., ages 9-12, \$7, Youth Center, 552-2266

**Celebrate Earth Day;** the Gardening Club will start planting their garden, seed donations are welcome, School Age Program, 552-5091

**Teen Trip to History/Art Museum and 5th Avenue Mall** 2 p.m., \$2 plus spending money, ages 13-18, Teen Center, 753-2371

**Break-Up Fun Run** noon, 5K, T-shirts to the first 30 people that sign up at 11 a.m., prizes, Fitness Center, 552-5353





PHOTO BY AIRMAN 1ST CLASS DEJUAN HALEY

Senior Airman John Martin

**Organization and duty title:** 206th Combat Communications Squadron computer network switching and cryptographic systems apprentice  
**Hometown:** Homer, Alaska  
**Hobbies:** Snowmachining, motorcycling and recreational flying  
**Mission contributions:** Prepares co-workers to provide reliable and secure communication anywhere, anytime in the Pacific Air Forces area of operations.  
**Time at Elmendorf:** One year, five months  
**Time in the Air Force:** one year, five months, (previous service Army: seven years)  
**Best part about being in Alaska:** Being outside  
**Quote from supervisor:** “Airman Martin is an outstanding performer. He was honor graduate from technical school and is an exemplary role model for every Airman to follow.” Master Sgt. Michael Manning



PHOTO BY AIRMAN 1ST CLASS DEJUAN HALEY

Tech. Sgt. Marcy Rodriguez

**Organization and duty title:** 611th Air Support Squadron vehicle management and analysis craftsman  
**Hometown:** West Palm Beach, Fla.  
**Hobbies:** Vacationing with my family, traveling, scuba diving and snorkeling.  
**Mission contributions:** Serves as the 11th Air Force vehicle management technical expert.  
**Time at Elmendorf:** Eight months  
**Time in the Air Force:** 15 years, four months  
**Best part about being in Alaska:** Experiencing all that Alaska has to offer and sharing those experiences.  
**Quote from supervisor:** “Sergeant Rodriguez is an energetic individual who leads the way. She actively pursues all opportunities to excel, in both on-duty and off-duty endeavors.” Capt. Arthur Canfield



# Thunderbirds Showline

By **Capt. Tony Wickman**  
71st Flying Training Wing Public Affairs

### Across

1. Traps
7. Photographer’s establishment
13. Georgia town
15. 1974 Thunderbird aircraft (T-38s)
16. 1969 Thunderbird aircraft (F-4s)
17. Galaxies
18. Petiole
20. \_\_\_ \_ loss for words
23. Foster film
25. 1st Thunderbird aircraft; (F-84G) Thunder\_\_\_ (1953)
28. Thunderbird formation
31. Norway capital
32. Indolent
33. Trove
34. Bad USAF PIF item
35. \_\_\_ out a living

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April 7 solutions

36. 1955 Thunderbird aircraft (F-84F)
40. Ancient Semitic god
41. Hearing tool
42. Perfume iris
44. Opera highlight
45. Mil. field meals
47. Acetate
48. Vesicle
49. Ancient Peruvian
50. Boxing legend
51. Bagatelle
54. Squirreled away
60. Thunderbird formation
65. 1983 Thunderbird aircraft (F-16A) Fighting \_\_\_
66. Covered by Geiko
67. Computer inputting
68. Road

### Down

1. Drain
2. Utmost degree
3. Pie \_\_\_ mode
4. Jogged
5. Tolkien tree shepherds
6. Halt
7. Sault \_\_\_ Marie
8. Bar bill
9. Alaska native knife
10. DoD counterpart
11. \_\_\_ \_jiff
12. CIA precursor
14. Body acid
17. Thunderbirds home station
19. Revive
20. Alphabet beginning
21. New Zealand reptile

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65									66						
67										68					

22. Dated
24. Attic
25. Indonesian capital
26. Hebrew prophet
27. Cobb and Pennington
29. Hall of Fame coach Don
30. X, to Cicero
32. Looks with malice
37. Actress Moore
38. Brought in
39. Caviar starter
40. Mil. entitlement
43. \_\_\_ Lanka
46. Arabia denizen
52. Dull roars
53. Compass point
54. To the rear
55. Spring month
56. European mount
57. Movie genre \_\_\_-fi
58. Male child
59. School subj.
61. South-central Austrian river
62. NW state
63. Formerly
64. Banned pesticide





# Elmendorf spouse strong-arms competition

By **Capt. Eric Badger**  
3rd Wing Public Affairs

Trying again isn't just for those who don't succeed the first time. After winning first place in the 2004 National Physique Committee Miss Alaska State Bodybuilding Competition, LaVerne King, wife of 3rd Security Forces Squadron logistics OIC, Capt. Mark King, did it again. The now 40-year-old fitness fanatic won first place in the 2006 Miss Alaska State Bodybuilding, Fitness and Figure Championships March 25 at the Alaska Performing

Arts Theater in downtown Anchorage. LaVerne officially began training for the competition in January based on a workout program designed for her by her trainer, critic and number No. 1 fan — her husband. According to LaVerne, a mammography technologist and mother of four teenage children, her workout consists of one full hour of cardio twice a day, and an hour and a half of weight training twice daily. "As I was told when I first began getting into shape, if you eat every-day, you should train everyday," she said. "For cardio, I'd use the elliptical or Stairmaster machine. For weights, I'd work on four body parts a day. I'd train two body parts in the morning and two in the evening."

In addition to her intense cardio training, LaVerne is also an aerobics instructor at the Elmendorf gym every Tuesday and Thursday from 6:30-7:30 p.m. The class she instructs is called "Boot Camp" and consists of cardio and resistance training as well as an abdominal workout. To complement her workout program, LaVerne followed a strict diet similar to the one she used two years ago. "My diet consisted of

chicken and turkey breasts, ribeye steak, tuna, baked yams or sweet potatoes," she said. "For a treat, I'd have a sugar-free popsicle, sugar-free jello, Crystal Light and water. I would drink a gallon to a gallon and a half of water every day." Just like 2004, no dairy products or sweets were allowed. LaVerne reluctantly admitted that it was easy to say no to all desserts, except one. "I love cheesecake," she said. "But when it comes to training, I'm very serious and I will never cheat." In a repeat of her 2004 performance, LaVerne brought her weight down from approximately 150 pounds to approximately 130 pounds in about two months. By going back to the basics, she returned to her old body fat percentage of nine percent. According to the six-year bodybuilding competitor, she and her husband spent countless hours researching performance and appearance techniques, and applied the lessons learned accordingly. "We took the time to read the National Physique Committee rules and carefully studied pictures of how a truly competitive bodybuilder should look, and it paid off," she said. Once she arrived to the Alaska Performing Arts Center for the show, the old feelings of uncertainty, anxiety and nervous energy returned, said LaVerne. "All the competitors come to the show looking big and ready to go in their bulky clothes," she said. "You don't get to see what kind of shape they are truly in until the weigh-in when they strip down to their performance attire." However, according to the Louisiana native, once she's on stage and her music begins to play, the pre-stage jitters disappear. "I get energy from the crowd," she said. "Although I can't see any faces up there under those bright lights, I can hear them cheering and it gives me so much motivation. Once I hear the roar of the

crowd, I'm reminded of how hard I've trained for this moment and it's finally here." Even though she readily admits she's nervous, LaVerne believes her husband gets more nervous than she does before one of her competitions. "Honestly, I'm glad when it's over," said Mark. "She works so hard for so long, I only want the best for her. She's an inspiration to me and reminds me to always do my best." The King family will be moving to San Antonio, Texas, this summer, and LaVerne has no intentions of slowing down her bodybuilding career. "I want to compete in a national show in San Antonio if not this fall, definitely at some point in 2007," she said. "I think everybody should try this at least once in their lives. Once you've been bitten by the bodybuilding bug, it is addictive and very exciting." At their next duty station, LaVerne says she believes her husband will join her on stage in the couples' bodybuilding category. "Don't count on it," said Mark. "I just don't know if I can do the diet." During her husband's six-month deployment in 2005, LaVerne remained active in the gym with the help of Master Sgt. Russell Joyner, 3rd Wing Plans, Programs and Inspections, Regina Cooper, spouse of Senior Master Sgt. Melvin Cooper from the 3rd Logistics Readiness Squadron, and civilian Audwin Banks. "I can't thank them enough for the support they've given me," said LaVerne. "I will miss Alaska, the Elmendorf fitness staff and everyone who has encouraged me over the past three years." For more contest information, visit [www.sport77.com](http://www.sport77.com). *(Editor's note: This is part one in a two-part series. The next story will feature men's lightweight champion Staff Sgt. John Wayne Johnson, 3rd Aircraft Maintenance Squadron.)*



PHOTO BY TECH. SGT. KEITH BROWN

**LaVerne King, wife of 3rd Security Forces Squadron logistics OIC, Capt. Mark King, lifts weights at the temporary Fitness Center. She won first place in the 2006 National Physique Committee Miss Alaska State Bodybuilding Competition.**

## Sport Shorts

### Cross country ski returns

Season rentals must be turned in no later than Saturday at Equipment Rental.

### Fishing licenses

Alaska 2006 fishing licenses and king stamps are available at Outdoor Recreation. The staff can also stamp a license for fishing on Elmendorf.

### Camper reservations

Outdoor Recreation begins taking reservations for camper rentals Saturday. Camper rentals must be done in person at 7301 Jerstad Ave.

### Skeet tourney

The Alaska Armed Forces Skeet Championship takes place May 4-7 at the Ft. Richardson Trap and Skeet Range. The cost is \$28 per gauge/100 bird event. For more information, call Henry Martin at 552-2817 or Paul Taitt at 552-6669.

### Baseball coaches

Youth Baseball is in need of 10 coaches for the upcoming season. Call Marlin Smith at 552-2266 if you are interested in coaching.

### Teen 4-H Adventure Camp

The Air Force Youth Programs in sponsoring

an outdoor fitness adventure for teens at June 25-30 and July 16-21 at Little Rock, Ark. Selected teens will be provided meals, lodging, transportation and activities. Applications can be picked up at the Youth Center and must be submitted by today. For more information, call 552-2266.

### Black Powder Cartridge Match

The Alaska Rifle Club is hosting a Black Powder Cartridge Match Saturday at the Pedneau Range on Ft. Richardson. Sign in time is 8:30 a.m. The cost is \$10 for ARC members. For more details, visit [www.akrifleclub.com](http://www.akrifleclub.com) or call Bob Engelback at 248-4199.